

## Household-Matters.

### Outside show—The farmer's wife—Injudicious marriage—Advice to mothers—Recipes—Hints for the toilet.

The tendency of the present time is to work for outside show, forgetting entirely that the worker is not always up to the mark for doing so. A fragile woman, whose means are small, will work hard to keep up to the standard of her stronger, or richer neighbour.

This is all very well as long as her health lasts, but when that breaks down, the poor fragile one succumbs, and is often nothing but a broken down ailing woman for the rest of her life. Too late does she realise how foolish she has been in not husbanding her strength for the contest with the realities of life, which comes to every one sooner or later.

Weak nerves were hardly known in our mothers' and grandmothers' time, and in this one respect woman, so far as she is physically concerned, is not progressing.

The modern tendency towards the craze for outside show seems to have crept into every class of life. Far back in the country the young farmer often, rather than not, seeks for a pretty face in a wife rather than a working partner.

One out of a few cases that came under my notice this summer:

A farmer, with a hard working wife, whose combined efforts have managed to own a farm just clear of debt, with some day to give it to their son, but find the young man madly bent on marrying a pretty-faced consumptive girl, who of course is utterly unfit and quite unable to help in the daily duties of a farmer's wife.

**CHAT FOR THE WOMEN.**—The woman who will endear herself to June brides is she who is now making a collection of swell boxes in which to pack her unostentatious gifts.

The woman who wishes to be an attractive object this summer should remember that coolness and repose are incompatible with athletics, and should decide early which rôle she will choose.

The woman who fails to achieve popularity can always solace herself with the reflection that popularity is a cheap attainment at the best, and that the crowd is always caught by gilding rather than by refined gold.

The woman who would fain be considered sweet and lovely will find the easiest way to attain that result is to think other people sweet and lovely. The mind which seems incapable of suspecting others of guile is always considered particularly innocent itself.

**FOR MOTHERS.**—Teething babies, are frequently thirsty, to relieve which give a little water in a teaspoon several times a day, rather than allow them to drink immoderately from a full glass of water. The pain is sometimes relieved by giving the infant very small pieces of ice—that is, about the size of a pea, and without any sharp points. Hold the child's head up to allow the ice to melt before swallowing.

**BABIES SHOULD NOT BE** allowed to walk, and very seldom to stand, while they are under a year old, and even from one year to eighteen months it is far wiser not to let them walk much. Have patience, and refrain from en-

couraging the tiny one to walk too soon. Crawling is safe; then, all in good time, they will walk easily and well.

**FOR A RESTLESS CHILD** dissolve a cup of hot salt in the (tepid) night bath. It will act better than a sleeping draught.

**INFANTS DO NOT HEAR** at all until they are three or four days old, and they do not feel either pleasure or pain keenly until quite two months; therefore, in the case of deformities, it is better to have any necessary operation performed during the early months of the baby's life.

**COOKING—SOUP.**—As a substantial and toothsome dish of haricot mutton would follow, a plain soup was considered sufficient; had the rest of the meal been of a less satisfying nature, the soup, instead of being made of milk and water, would have had the same quantity of stock for a foundation.

**"Ingredients."**—1 lb. peeled potatoes, one large onion, 1 oz. butter, three pints water, one pint milk, spoonful fine sago, pepper and salt to taste.

**"Mode."**—Melt and make hot the butter in the pan, and meanwhile scald the onion in boiling salted water, which makes it more digestible; cut the potatoes in slices, and stir them with the cut-up onion amongst the hot butter for five minutes. This is called sweating the vegetables, and improves and brings out the flavour. Add the water, and, when boiling, remove scum; boil for two hours, rub all through the sieve, return to the pan with milk, sago, pepper, and salt; stir till it boils, and continue boiling till the sago is clear, which may be in about ten minutes; serve with or without diced toast.

**HARICOT MUTTON.**—1 lb. chop, cut from the lean part of the neck, one carrot, a piece of turnip (not too large, as the sweetness of the turnip would spoil the flavour), one onion, 1 oz dripping, a large cup of warm water, dessert spoonful of flour, tablespoonful ketchup, pepper and salt to taste. Put the dripping into a iron pan, make it smoking hot, cut the meat into neat pieces, and brown it in the dripping as quickly as possible, when done on both sides, fit it out, cut the onion into slices, and brown it in the same way, return meat to pan, add the warm water, pepper and salt. As soon as it boils, remove scum, slice the thick end of the carrot, grate the thin end, cut the turnip into neat pieces, and add all to the meat; but be sure the water is boiling before the vegetables are added, or they lose their colour. Let the whole come to the boil, draw pan to the side and simmer one and a-half or two hours, arrange on a hot dish, with meat in the centre, and vegetables laid neatly round; put in the oven or before the fire to keep hot, and thicken gravy with the flour, which must be made smooth with a little water and the ketchup, pepper, and salt; boil two minutes to thoroughly cook the flour; pour through a sieve over the meat and serve hot.

**SOME COOKERY ITEMS.**—"Some daintiness for an invalid" is a thing we are often at loss to devise when there is sickness in the house. For once, try a roasted pigeon. Of course, it must be a young one. (1) Stuff it with a little

(1) A pigeon that can fly is too old for the table.—Ed.

be a young one. Stuff it with a little bread and butter, seasoned with pepper and salt. Truss and place it in a small oven before a clear fire, basting well with a little butter. Turn frequently from side to side, and cook from twenty to thirty minutes. It can be served with bread sauce and a few browned crumbs.

Now for a nice little pudding to follow the bird. Place a couple of rusks into a small pie dish. Make half a pint of nice custard and pour whilst hot over the rusks; beat up with a fork, and flavour to taste. On the top place a few bits of butter, and bake till of a nice brown colour. Serve with sifted sugar or stewed prunes.

Here is a good way to clarify dripping. Place the dripping in an old iron sauce-pan and cover it with boiling water let it boil with the lid off for twenty minutes. After it has cooled a little pour it into a jar or large basin, and let it remain till quite firm. You will then be able to scrape all impurities from the bottom of the cake of fat. Fat which has been clarified in this way can be used for pastry and cakes, and is excellent for frying.—"English paper."

AUNT ANNE.

**CORN CANNING FOR FAMILY USE.**—To can corn split the kernel lengthwise with a knife, then scrape with the back of the knife, thus leaving the hulls upon the cob. Fill cans full of cut corn, pressing it in very hard. To press the corn in the can, use the small end of a potato masher, as this will enter the can easily. It will take from 10 to 12 large ears of corn to fill a quart can. When the cans are full, screw cover on with thumb and first finger—this will be tight enough—then place a cloth in the bottom of a wash boiler to prevent breakage. On this put a layer of cans in any position you prefer, over the cans put a layer of cloth, then a layer of cans. Fill the boiler in this manner, then cover the cans well with cold water, place the boiler on the fire, and boil three hours without ceasing. On steady boiling depends much of the success. After boiling three hours, lift the boiler from the fire, let the water cool, then take the cans from the boiler and tighten again. Wrap each can in brown paper to exclude the light, and keep in a cool dry cellar, and be very sure the rubber rings are not hardened by use. The rings should be renewed every two years. I would advise the beginner to use new rings entirely, for poor rings cause the loss of canned fruit and vegetables in many cases. You will observe that in canning corn the cans are not wrapped in cloth nor heated; merely filled with the cut corn. The corn in the cans will shrink considerably in boiling, but on no account open them after canning.—(C. E. Hubbard, Mass.)

**WASHING WITH PARAFFIN.**—I should not recommend this form of washing as a general rule myself, because it is not always possible to adopt the means to ensure the process being a perfect success. First and foremost is drying out of doors, which in a town is not always practicable. Then, a good lot of hot water is necessary for rinsing; this again is not always procurable in a small house. If, however, these conditions are obtainable it cannot be denied that remarkable results can be arrived at with paraffin in the washing

of the very dirtiest clothing with little or no labour. Fill your boiler three-parts full of cold water, into which spread half-a-pound of soap. When the water has boiled add two or three tablespoonfuls of paraffin. Now put your clothes, which must be quite dry, into the boiler, pressing them down with the stick. It is necessary that the water should boil quickly for half an hour. If it ceases boiling, a dirty scum will settle on the clothes. Half fill a tub with hot water, lift the clothes out of the boiler with a stick and drop into the hot water, wash out, and rinse in several waters, blueing the last. But I warn you that unless the clothes are well rinsed of every particle of soap this method of washing will not be a success. Drying in the open air is essential to remove any unpleasant smell of paraffin.

**HINTS FOR THE TOILET—RAIN-WATER** has no equal for the complexion. It contains traces of ammonia, and is therefore particularly cleansing and invigorating to the skin.

**NEVER THROW AWAY** lemon, orange, or cucumber peel, which are all excellent for the complexion. Let them soak in your water-jug; they not only soften the water, but act as a splendid tonic, freshening up the complexion, and keeping the flesh healthy, firm, and clear.

**TO MAKE BRAN** or oatmeal water; tie up four or five ounces in a muslin bag, and pour thereon three pints of boiling water; use when cool or cold. For bathing the face, neck, and hands, there is nothing more softening, cooling, and cleansing.

**FRICITION** has a most beneficial effect upon the skin, and is probably the most healthful, effective, and ready substitute for the entire bath that can be employed.

**NO ONE SHOULD FEAR** using perfumes, the stimulating and refreshing properties of which cannot be over-estimated: they are health and beauty-giving, especially sweet lavender, lemon, roses, scented geraniums, violets, sage, and benzoin.

HOUSE-KEEPER.

## CULTIVATION OF MANGELS.

### PREPARATION OF THE SOIL.

In the cultivation of mangels the first thing to be looked to, is the right kind of soil, a deep black loam with not too stiff a subsoil will perhaps suit them as well as any. And the proper time to commence the cultivation of it will be the year before you intend to sow them. We generally select a piece of ten sods (1) and just before harvesting commences we put about 20 cart loads of well rotted manure on it, turn down the sod with the plow to a depth not exceeding 4 inches, give it a few turns of the drag harrow which will induce any weeds to start and also hastens the rotting of the sod. In about 6 or 7 weeks after, we apply another coat of manure, about 15 loads to the arpent, plow crossways 6 inches deep, clean

(1) All roots should follow the last crop of the rotation, i. e., the stubble of a grain-crop.—Ed.